



**KEMENTERIAN RISET, TEKNOLOGI DAN PENDIDIKAN TINGGI**  
**UNIVERSITAS SYIAH KUALA**  
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## **ELECTRONIC THESIS AND DISSERTATION UNSYIAH**

### **TITLE**

**PENGARUH EDUKASI TERHADAP TINGKAT SELF CARE PEREMPUAN PENDERITA DIABETES MELLITUS TIPE 2 DI PUSKESMAS KUTA BARO ACEH BESAR**

### **ABSTRACT**

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**Education Effect on Selfcare Levels of Woman with Diabetes Mellitus type 2 at puskesmas Kuta Baro Aceh Besar**  
xiv + V Chapter + 100page + 9tables + 3 scheme + 16 Appendixes

#### **Abstract**

Diabetes selfcare activity is the important things that can manage diabetes mellitus type 2. whereas in practice diabetics often do not know diabetes self-care procedures that cause complications of this disease be increasing. one of the pillars of diabetes management is education, in this case the education of diabetes selfcare activities is expected to be able to provide information related to independent diabetes selfcare so that healthy and dynamic diabetes self-care behavior is formed. the purpose of this study was to identify the effect of diabetes selfcare activity education on the level of self-care diabetes mellitus type 2 at puskesmas kuta baro aceh besar. the design of this research was praexperimental studies with pre experimental designs one group pretest and posttest design involving 52 woman with diabetic type 2. The instrument used Summary Diabetes Selfcare Actvitie (SDSCA). Data was analyzed using Wilcoxon test. Wilcoxon test result of this research between pre-post intervention of diabetes selfcare education was different ( $p\text{-value} < 0,05$ ). that significant difference of pre-post intervention of diet  $P\text{-value} = 0,00$  ( $P\text{-value} < 0,05$ ), exercise  $P\text{-value} = 0,03$  ( $P\text{-value} < 0,05$ ), medication  $P\text{-value} = 0,00$  ( $P\text{-value} < 0,05$ ) and blood-glucose control  $P\text{-value} = 0,00$  ( $P\text{-value} < 0,05$ ) foot care  $P\text{-value} = 0,00$  ( $P\text{-value} < 0,05$ ). This means that the provision of education influences the self-care activities of diabetics so that diabetes education is programmed to be developed related to diabetes self care

**Keywords : Selfcare Diabetes, Education, Diabetes Mellitus tipe2**  
**Reference : (2000-2017)**

**PROGRAM STUDI MAGISTER KEPERAWATAN  
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**Pengaruh Edukasi terhadap Tingkat Selfcare Perempuan Penderita Diabetes Mellitus Tipe 2 di Puskesmas Kuta Baro Aceh Besar**



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xiv + V Bab + 100 Halaman + 9 tabel + 3skema + 16 Lampiran

**Abstrak**

Aktifitas selfcarediabetes merupakan hal penting dalam pengelolaan Diabetes Mellitus tipe 2, Namun dalam pelaksanaannya penderita diabetes seringkali tidak mengetahui tatacara perawatan mandiri diabetes yang mengakibatkan komplikasi dari penyakit semakin meningkat. Salah satu pilar penatalaksanaan diabetes adalah edukasi, dalam hal ini pemberian edukasi Aktifitas self-care diabetes diharapkan mampu memberikan informasi terkait perawatan mandiri diabetes sehingga terbentuk perilaku perawatan mandiri diabetes yang sehat dan dinamis. Tujuan penelitian ini adalah untuk mengidentifikasi pengaruh pemberian edukasi Aktifitas self-care diabetes terhadap tingkat selfcare penderita diabetes mellitus tipe 2 di puskesmas kecamatan Kuta Baro Aceh Besar. Penelitian pra experiment dengan one grup pre-test and post-test design melibatkan 52 responden perempuan anggota prolansis, Instrument penelitian yaitu Summary Diabetes Selfcare Actvitie (SDSCA). Data dianalisis menggunakan uji wilcoxon. Hasil penelitian menunjukkan terdapat terdapat perbedaan sebelum dan sesudah diberikan edukasi Aktifitas selfcarediabetes, Edukasi selfcareAktifitas diet ( $P=0,00$ ). Selfcare Aktifitas fisik ( $P=0,03$ ) selfcareAktifitas kontrol gula ( $P=0,00$ )self care Aktifitas pengobatan ( $P=0,00$ )selfcareAktifitas perawatan kaki( $P=0,00$ )Artinya pemberian edukasi mempengaruhi aktifitas perawatan diri penderita diabetes sehingga Perlu dikembangkan edukasi diabetes yang terprogram terkait dengan self care diabetes.

Kata Kunci : Selfcare Diabetes, Edukasi, DM tipe 2

Sumber : (2000-2017)